

5) The club in claim 1 has an extension of approximately 4cm in diameter and approximately 3cm in length at the end of the handle so that it prevents the hand from sliding off the handle during exercising.

## Abstract

This invention is an exercise club, which may be held comfortable in one hand. Two of these clubs may be used, one in each hand, to execute a series of planned movements, which result in a full body workout. The weight of the clubs may be easily adjusted, to alter the intensity of the workout as desired. Virtually any person can use the clubs to improve their strength, health and fitness.